

WE CLAIM:

1. A work station comprising:
  - 5 (a) a base;
  - (b) a user support affixed to said base;
  - (c) an overhead hanger affixed to said base, having a rear portion extending upwardly behind said user support and an overhead portion extending forwardly above said user support a sufficient distance so that when a user is positioned in said user support said overhead portion is above said user; and
- 10 (d) a peripheral mounting system affixable to said overhead portion proximate a distal end of said overhead portion.
2. The work station of claim 1, including a foot rest assembly affixable to said base and positioned to receive and support a user's feet when the user is in said user support.
- 20 3. The work station of claim 1, wherein said user support is an ergonomically designed chair having a head support.
- 25 4. The work station of claim 1, including a plurality of arms affixable to said base support and having casters at a distal end thereof, said arms radially positioned so as to support said work station in a stable position.
- 30 5. The work station of claim 4, including a CPU mounting assembly affixed to said rear portion.
6. The work station of claim 1, wherein said user support is attached to a vertical bar that telescopes within a sleeve affixed to said base.

7. The work station of claim 1, including a computer mouse and keyboard support affixed to said work station.
- 5 8. The work station of claim 7, including a frame affixed to said base having a vertical section, a rod telescopically slidable and rotatable within said sleeve and affixed at an upper end to a horizontally disposed bar, and a mouse tray and keypad tray pivotally coupled to said bar.
- 10 9. The work station of claim 1, wherein said overhead portion has block affixed to an end thereof, a mounting pipe extending from said block and an articulating arm attached at one end to said mounting pipe and at another end to said peripheral device.
- 15 10. The work station of claim 1 wherein said peripheral device is a computer monitor.
11. A method of providing a work station environment, comprising:
  - 20 (a) providing a user area defined by a base, a user support affixed to said base, an overhead hanger affixed to said base, having a rear portion extending upwardly behind said user support and an overhead portion extending forwardly above said user support a sufficient distance so that when a user is positioned in said user support said overhead portion is above said user;
  - 25 (b) providing a peripheral mounting system affixable to said overhead portion proximate a distal end of said overhead portion.
- 30 12. The method of claim 11, including providing a foot rest assembly affixable to said base and positioned to receive and support a user's feet when the user is in said user support.

13. The method of claim 11, including providing a mouse support tray and a keypad tray on a pivotal support frame affixed to said base.

5 14. The method of claim 11, including providing a frame affixed to said base having a vertical sleeve, a rod telescopically slidable and rotatable within said sleeve and affixed at an upper end to a horizontally disposed bar, and a mouse tray and keypad tray pivotally coupled to said bar.

10 15. The method of claim 11, including providing a plurality of legs each affixed at one end to said base and at an opposite end having a caster affixed thereto, said legs being radially spaced apart so that said work station is stable on a flat surface.